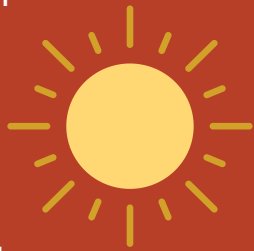


# FOOD STORAGE AND PRESERVATION

## People has preserved food since ancient times

One of the first methods for preserving food was drying. Ancient Egyptians used salt and the hot sun to remove moisture from food, making it edible for a longer period of time.



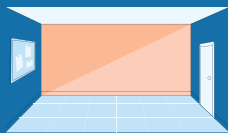
## Store whatever you like

All sorts of foods can be preserved and stored. Some kind of them doesn't need it and can be eaten after quite long period of time – like honey. Others can be preserved using various method. All foods can be dried.



## Not having a cellar is not a problem

A larder, small, unheated room located on the north side of the house next to the kitchen may be a nice alternative to cellars or root cellars under the house as a place to store food.



## Antioxidants help to preserve food

Besides being really good for you, antioxidants help foods to stay fresh and keep natural colour and taste.

